

This listing of claims will replace all prior versions and listings of claims in the application:

**Listing of Claims:**

-1-(Currently amended)

A method for inhibiting cyclooxygenase or prostaglandin H synthase enzymes which comprises:

5 providing ~~a mixture of cyanidin and an anthocyanin~~ a mixture comprising cyanidin and anthocyanins which ~~is~~ are hydrolyzable in vivo to cyanidin so that the cyanidin produced therefrom and the cyanidin in the mixture ~~and anthocyanin~~ inhibit the enzymes.

Claim 2 (Cancelled)

-3-(Original)

The method of Claim 1 wherein the method is *in vitro*.

-4-(Original)

The method of Claim 1 wherein the method is *in vivo*.

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-5-(Previously amended)

The method of Claim 1 wherein the mixture is from a tart cherry.

-6-(Previously amended)

The method of Claim 1 wherein the mixture is from a sweet cherry.

Claims 7-14 (Cancelled)

-15-(Previously amended)

The method of Claim 1 wherein the mixture ~~of cyanidin and anthocyanin~~ is contained in a composition which comprises a dried mixture of bioflavonoids and phenolics from the cherries and a food grade carrier.

-16-(Original)

The method of Claim 15 wherein the carrier is dried cherry pulp.

-17-(Previously amended)

The method of Claim 15 wherein a ratio of dried mixture to carrier is between about 0.1 to 100 and 100 to 0.1.

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-18-(Currently amended)

The method of Claim 1 wherein the ~~compound~~  
mixture is incorporated into a food.

Claims 19-26 (Cancelled)

-27-(Currently amended)

A method for inhibiting inflammation in a  
mammal which comprises:

administering to the mammal a mixture ~~of~~  
~~cyanidin and an anthocyanin comprising cyanidin and~~  
5 anthocyanidins which ~~is~~ are hydrolyzable in the mammal  
to the cyanidin so that the mixture inhibits the  
inflammation.

-28-(Previously amended)

The method of Claim 27 wherein the mixture is  
from a tart cherry.

-29-(Previously amended)

The method of Claim 27 wherein the mixture is  
from a sweet cherry.

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-30-(Previously added)

The method of Claim 27 wherein the mammal is human.

Claims 31-33 (Cancelled)

-34-(Previously added)

The method of Claim 27 wherein the ~~anthocyanin~~  
is anthocyanidins are selected from the group consisting  
of cyanidin-3-glucosylrutinoside, cyanidin-3-rutinoside,  
or cyanidin-3-glucoside, and mixtures thereof.